52 REASONS TO BE PHYSICALLY ACTIVE

1. Physical activity leads to better health
2. Being active = more FUN!
3. An active lifestyle helps us make new friends
4. Reduces the risk of heart disease
5. An active lifestyle reduces the risk for many types of cancer
6. Physical activity promotes healthy circulation
7. Physical activity makes us happier
8. The more we do it, the greater the benefits
9. Increased confidence!
10. Exercise helps improve our posture
11. Those who are obese but fit are 2X LESS likely to die of cardiovascular disease than those who are thin but inactive
12. An active lifestyle helps keep you young in body, mind and spirit
13. Better sleep
14. An active lifestyle reduces the risk of premature death (now, that sounds good!)
15. Physical activity RELIEVES STRESS
16. Regular physical activity can help us look better in and out of our clothes
17. ACTIVE KIDS GET BETTER GRADES
18. HELPS IMPROVE MUSCLE TONE
19. WEIGHT TRAINING BUILDS STRONGER MUSCLES AND CONNECTIVE TISSUES WHILE INCREASING JOINT STABILITY
20. BEING ACTIVE CAN HELP US RETAIN FLEXIBILITY AND IMPROVE RANGE OF MOTION
21. PHYSICAL ACTIVITY BURNS CALORIES
22. Exercise can help to MANAGE AND PREVENT PAIN
23. Be an active role model
24. Can assist with weight loss and weight maintenance
25. Exercise helps MANAGE ANXIETY
26. Regular exercise promotes better balance
27. EXERCISE IMPROVES COORDINATION
28. HELPS MAINTAIN HEALTHY CONNECTIVE TISSUES
29. CAN BE AS EFFECTIVE IN THE TREATMENT OF MILD TO MODERATE DEPRESSION AS MEDICATION
30. WEIGHT BEARING PHYSICAL ACTIVITY HELPS REDUCE THE RISK OF OSTEOPOROSIS
31. PHYSICAL ACTIVITY CAN ASSIST IN THE MAINTENANCE OF HEALTHY BLOOD PRESSURE AND CHOLESTEROL
32. BE ACTIVE AND FEEL BETTER PHYSICALLY AND MENTALLY
33. If you increase your lean muscle mass, you’ll increase your resting metabolism which means burning more calories, even at rest
34. Active transportation (i.e. walking and cycling) is good for the environment
35. Active transportation can save you money $$$
36. OUTDOOR ACTIVITY RECONNECTS US WITH NATURE
37. Regular physical activity can enhance your sex life
38. Physical activity brings us closer to those we enjoy it with
39. Active transportation is a great way to get to know your community
40. Regular physical activity can improve overall athletic performance
41. You’ll have more ENERGY for everyday activities
42. An active lifestyle is a privilege, not a punishment. Exercise is a great way to thank your body for all it does
43. Weight training can increase glucose utilization and reduce the risk of developing diabetes
44. REGULAR EXERCISE CAN ENHANCE SELF-ESTEEM
45. ACTIVE TRANSPORTATION IS OFTEN FASTER THAN DRIVING OR PUBLIC TRANSPORTATION
46. PHYSICAL ACTIVITY IS A GREAT WAY TO BLOW OFF STEAM.
47. IT’S A GREAT WAY TO ENJOY SOME “ME” TIME!
48. WALKING IS UNDER-VALUED BUT IT’S LIKELY THE BEST THING MOST CANADIANS CAN DO TO IMPROVE THEIR HEALTH!
49. PARTICIPATION IN GROUP ACTIVITIES AND SPORTS FOSTERS A SENSE OF COMMUNITY AND BELONGING
50. DISCOVER SOME NEW INTERESTS
51. IT’S NEVER TOO LATE TO GET STARTED — TODAY COULD BE YOUR DAY!
52. IT’S PERSONAL! THERE’S NO RIGHT OR WRONG WAY TO BE ACTIVE... DO WHAT YOU ENJOY!

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Source: ParticipACTION

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TAKE CARE OF YOUR EQUIPMENT